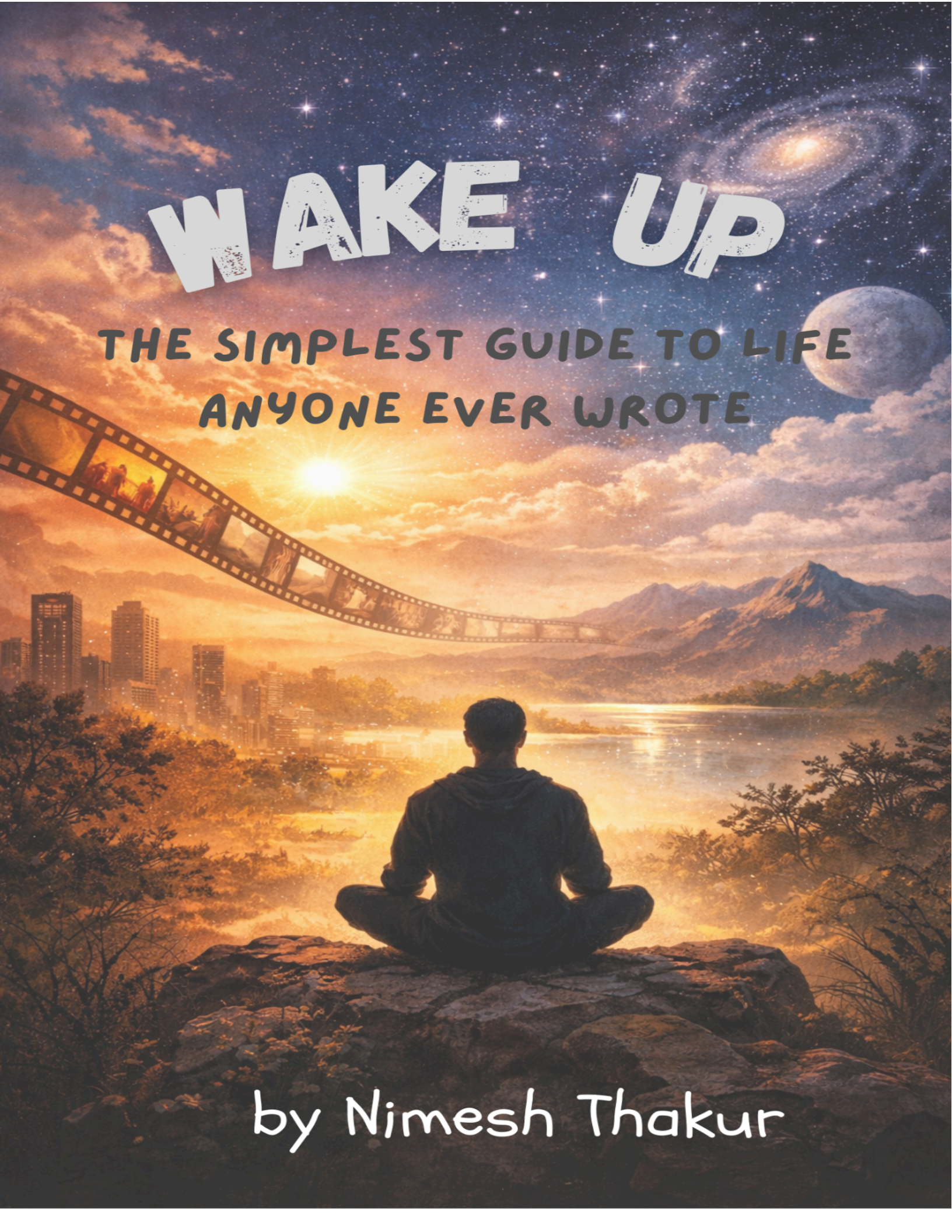
WAKE UP
THE SIMPLEST GUIDE TO LIFE ANYONE EVER WROTE
by Nimesh Thakur

Nobody taught you what life is.

They taught you how to pass exams.

Not the same thing.

This book fixes that.

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Chapter 1

What Is Life?

Okay. Simple question.

You have been alive for — what — 20, 30, 40 years?

Can you answer this:

What is life?

Not what you've been told. Not the Instagram quote. Not the school textbook answer.

What is it. Really.

* * *

Most people go completely blank.

Because nobody ever stopped to ask.

We were too busy living it — or running from it — to actually look at it.

So let's look.

Right now, you are reading this.

Your eyes are moving. Your brain is working. Your heart is beating — you didn't ask it to, it just does.

Outside your window, something is happening. A bird. A car. Wind. People.

Inside you, thoughts are coming and going. You just thought about something else for a second, didn't you?

All of that — that's life.

Not the highlights. Not the achievements. Not the goals.

THIS. Right now. This moment, happening.

* * *

> *Life is not a movie with a plot. Life is a river. It just moves.*

* * *

Think about a dog.

A dog wakes up. Eats. Runs. Sleeps. Plays. Loves. Dies.

Was the dog's life pointless? Was the dog's life less real than yours?

The dog never asked what his purpose was. He just lived.

Humans are the only animal that spends its life worrying about whether it is living correctly.

The dog doesn't do that.

Maybe the dog knows something we forgot.

Chapter 2

The Movie in Your Head

Here's what nobody tells you.

You are living two lives at the same time.

Life 1: What is actually happening right now.

Life 2: The story about what is happening, running inside your head.

And for most people — Life 2 is louder than Life 1.

* * *

Example.

You're eating dinner with your family.

That's Life 1. Real. Happening.

But your head is saying: I have that deadline tomorrow. Why did she say that thing to me last week. I should be more successful by now. What if things don't work out. Why am I like this.

That's Life 2. The movie playing in your skull.

You were physically at dinner. But you weren't really there.

You missed it. While it was happening.

* * *

> *Most people are never actually where they are.*

* * *

This is the real problem.

Not money. Not career. Not relationships.

The real problem is that you are constantly somewhere else inside your head — in the past that already happened, or the future that hasn't happened yet.

And life — actual life — is only ever happening right here. Right now.

In this room. In this breath. In this moment.

Every moment you spend inside your head movie — you miss a moment of your real life.

And those moments don't come back.

Chapter 3

Who Are You, Really?

You think you know who you are.

You have a name. A job. A family. Some habits. Some opinions.

But let me show you something.

* * *

Close your eyes for five seconds. Just try it.

...

What did you notice?

There were thoughts. They came by themselves. You didn't decide to think them.

They just appeared — like clouds appearing in sky.

So who is watching those thoughts?

Something in you is watching. Something in you notices when you're angry, when you're happy, when you're confused.

That watcher — that's the real you.

Not the thoughts. The one noticing the thoughts.

* * *

Think of it like a cinema.

On the screen — action, drama, love, war. Everything. So real. So intense.

But the screen itself? The screen is just sitting there. Calm. Unchanged. Holding all of it.

The movie is your thoughts, emotions, memories, goals, fears.

The screen is you. The awareness underneath all of it.

The movie changes every second.

The screen never changes.

* * *

> *You are not the storm. You are the sky that holds the storm.*

* * *

This sounds simple. It is simple.

But most people spend their whole life thinking they are the storm.

Getting thrown around by every thought. Every mood. Every bad day.

You don't have to do that.

You are allowed to feel the storm — anger, sadness, confusion, fear.

Feel it fully.

But remember: you are the sky. The storm passes through you. It doesn't own you.

Chapter 4

The Trap

Here is the trap everyone falls into.

"I will be happy when..."

I will be happy when I get the job.

I will be happy when I get more money.

I will be happy when I lose weight.

I will be happy when things calm down.

I will be happy when this phase is over.

You know what happens when the job comes?

New problem appears. New 'when' appears.

The happiness gets pushed forward again.

This is the trap. You're always one thing away from living.

And that one thing never actually arrives.

* * *

Think about a donkey.

Someone puts a carrot on a stick in front of the donkey's face.

The donkey walks forward — chasing the carrot.

The carrot moves forward. The donkey walks more.

The donkey never gets the carrot. But it keeps moving.

That's most of us. Chasing a carrot on a stick that never arrives.

* * *

> *Goals are not the problem. Making your happiness depend on goals — that's the problem.*

* * *

You can have goals. Big ones. Work hard for them. That's fine.

But don't make a deal with yourself where you are only allowed to feel okay after the goal arrives.

Because life is what happens while you're chasing the goal.

That's 90% of the time.

And if you're miserable for 90% of the time waiting for the 10% — that's a bad deal.

You missed the whole thing.

Chapter 5

Your Energy Is Everything

You have limited energy every day.

Not money. Not time. Energy.

That feeling of being drained at the end of the day? That's energy spent.

What you spend energy on — that's what your life becomes.

Most people spend energy on:

— Worrying about things they can't control.

— Thinking about what people think of them.

— Scrolling through other people's lives.

— Replaying arguments from three days ago.

— Planning futures that never happen.

All that energy — gone.

And then they wonder why they feel empty.

* * *

A river that splits into 50 streams becomes nothing.

A river that cuts one path through rock — that river lasts forever.

Do one thing. The thing that actually matters.

Give it all your energy.

Not ten things. Not five. One.

Everything else — ask yourself this one question:

Does this actually matter?

Not to someone else. Not to society. Not to your parents.

To you. Right now. Does it actually matter?

If yes — do it. Full energy.

If no — drop it. No guilt.

* * *

> *The person who tries to do everything ends up doing nothing that matters.*

Chapter 6

How to Live

Okay. Here it is.

Not a list of habits. Not a morning routine.

Just three things. Real ones. That actually work.

1. Be where you are.

When you eat — eat. Don't scroll.

When you talk to someone — talk. Don't be somewhere else in your head.

When you walk — walk. Feel your feet on the ground. Actually feel it.

This sounds stupid. Try it for one day. You'll realize how rarely you actually do it.

And you'll realize how different life feels when you do.

2. Watch your thoughts. Don't become them.

A thought says: you're a failure.

You don't have to believe it. You don't have to fight it either.

Just notice it. Like watching a cloud pass.

Oh. There's that thought again. Okay.

Thoughts come by themselves. You didn't choose them. They're not facts. They're weather.

You are the sky. Not the weather.

3. Do one thing. Do it fully.

Pick the one thing that matters most right now.

Not tomorrow. Now.

Give it your full attention. Not half attention while worrying about everything else.

Full. Attention.

That's it. That's the whole system.

Every ancient teacher, every book, every tradition — it all points here.

Be present. Watch your mind. Focus your energy.

Three things. No more needed.

Life is not a puzzle to solve.

It is something happening right now.

While you read this sentence.

You are here.

You are aware.

That is already everything.

The rest is just the movie.

Let it play.

— Nimesh Thakur

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